



yoga for women

saturday

3rd may

4pm - 6pm

beautiful practices for women

strong yet soft

all levels of experience and stages of life

regular yoga has a positive impact on our health
and is not limited to the physical

from stress and burn out to
integration and wholeness
calm inner balance and love
some stillness

our bodies are constantly changing
adapting and responding
movement may become limited or uncomfortable
our breathing, energy levels and sleep vary as does mood and energy

yoga practice to recreate balance and stability
harmony body breath mind and spirit
prana life force energy flowing

find calm stability physical vitality
mental clarity, and emotional resilience
asana pranayama meditation
everyone is welcome

